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the new wham mag

issue 264 // 7 - 21 December 2012



**Make
Workplace
your Next
destination**

Building relationships
with local businesses (p8)



Newham Markets Christmas trading days and times

Christmas is fast approaching and the following opening and closing times will be in operation for Newham markets over this period.

Christmas trading hours for Newham's markets

Queen's Market - Ipswich Market Road and Queen Wharf, Queen's Park, E16

- Monday 17 December to Saturday 22 December: 9am-4pm
- Sunday 23 December: 11am-4pm
- Monday 24 December: 9am-4pm
- Sunday 28 December & Wednesday 31 December: CLOSED
- Thursday 27 December to Sunday 30 December: 9am-4pm
- Sunday 30 December to Wednesday 3 January: CLOSED

South E15 Indoor Market - Greenwich Shopping Centre, E15

- Monday 17 December to Saturday 22 December: 9am-4pm
- Sunday 23 December: 11am-4pm
- Monday 24 December: 9am-4pm
- Tuesday 25 & Wednesday 26 December: CLOSED
- Thursday 27 December to Saturday 29 December: 9am-4pm
- Sunday 30 December: 11am-4pm
- Monday 31 December: 9am-4pm
- Tuesday 1 January: CLOSED

Greenwich outdoor - Greenwich E14

- Sunday 16 December to Saturday 22 December: 9am-4pm
- Sunday 23 December: 11am-4pm
- Monday 24, Tuesday 25 & Wednesday 26 December: CLOSED
- Thursday 27 December to Saturday 29 December: 9am-4pm
- Sunday 30 December: 11am-4pm
- Monday 31 December & Tuesday 1 January: CLOSED

South E15 Market 'Open to Order' at Robert Knappall Workshops, Rensley, Forest Gate, E7

- Every Saturday: 10am-4pm

Market Way Market, Market Way, East Ham, E6

- Every Thursday, Friday & Saturday: 9am-4pm

For more information phone 020 8475 8071, email aboutmarkets@newham.gov.uk or visit www.newham.gov.uk/markets

Starting school in Newham

Reception class places for September 2013

If your child will have their 5th birthday between 1 September 2013 and 31 August 2014 you need to apply for a reception class place now.

The deadline for a reception class place for September 2013 is **15 January 2013**. If you miss this date you will have less chance of getting the school that you prefer.

From **10 September 2012** you can pick up a copy of the autumn 2012 edition of the Starting School guide from any London Borough of Newham operated nursery, infant or primary school. The guide includes a copy of the application form.

To make sure you apply on time, apply online.
www.esdapplications.org.uk



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Back In March I made 22 promises to the residents of Newham. These included ensuring that our Council Tax continues to be the lowest in outer London, being tough on anti-social behaviour, helping people into jobs and ensuring a

proper legacy from the 2012 Games. You can see just how far we have come starting on page 12.

You will find lots more in this edition including seasonal health messages (p25), Christmas offers (p16), information about activeNewham (p10) and the latest news from the Olympic Park (p17). You can even meet the star of this year's fantastic Theatre Royal panto (p22).

Sir Robin Wales
Mayor of Newham

To request a large print version of the Newham Mag call 020 3373 1517 or email newham.mag@newham.gov.uk

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IN BRIEF //

Christmas cheer

People aged 50 and over are invited to a Christmas celebration at the Old Town Hall in Stratford on Wednesday 19 December from 1.30-4pm.

The event will feature a Christmas sing-a-long, a theatre show, dancing, refreshments and a skule band. Admission is £2.

Tickets are available from:

- the Old Town Hall: £15
- Keshme Road Community Centre: £7
- Field Community Centre: £7
- Jack Cornwell Community Centre: £12
- Upton Community Centre: £15
- Beckett Community Centre: £5

For information call 020 3373 2879.

A Christmas tea dance is also taking place at the Old Town Hall: £15 on Monday 10 December, from 1.30-4pm. Admission is £3.

Healthy options

People are being asked for their views on a five-year programme that is set to promote lifestyle changes such as eating healthy, taking exercise and not smoking.

The Health and Wellbeing Strategy is designed to help Newham Council and its partners improve health in the borough.

To comment on the strategy visit www.newham.gov.uk/wellbeing by 25 January.

Christmas at Queens Market

Celebrate the festive season for free at Queens Market, Green Street: £13 from 11am to 4pm on Saturday 15 December and Monday 24 December. There will be fun for the whole family with Santa's grotto, face painting, hot-waxers and more. For further information, call 020 8475 8971, email streetmarkets@newham.gov.uk or visit www.newham.gov.uk/christmas.

>>> Youngsters are all heart



Members of Newham's Youth Council have put their hearts into a new film project designed to encourage healthier lifestyles.

The youngsters, aged between 14 and 16, are the driving force behind *Right Here Right Now*, a three-minute animated film that aims to tackle high rates of heart disease in Newham and high obesity levels in young people.

The film has been produced with *Hearty Lives Newham*, a £1.5m partnership programme between NHS North East London and the City of Newham Council and the British Heart Foundation (BHF).

Newham currently has the highest cardiovascular disease mortality rate in the capital. Emergency admission rates in hospitals for coronary heart disease and stroke are significantly higher in Newham than the national rate.

Robekah Dike, 15, Young Mayor of Newham, said: "If health does not happen overnight, it starts when we are young so we need to start preventing it early."

For more information on *Hearty Lives Newham* visit www.jah.org.uk or turn to page 24.

Free travel offer for over 60s

Newham residents aged over 60 can save money and travel for free with the new 60+ London Oyster Photocard.

The card will enable the holder to travel for free on the bus, Tube, tram, Docklands Light Railway, London Overground and most National Rail services in London. The card will be valid until you are eligible for the Older Persons Freedom Pass.

The 60+ London Oyster Photocard scheme is being administered and paid for by London Transport. You can apply if you do not hold a Disabled Persons Freedom Pass and are not yet eligible for the Older Persons Freedom Pass. **Applications forms are available at www.tfl.gov.uk**



News

Landlords need a licence

The private rented property licensing scheme in Newham comes into force on 1 January and all landlords need to apply for a property licence.

Newham Council has agreed to extend the application period for such licences until 31 January to allow landlords and agents with a number of properties to prepare and gather all of the information needed to make applications.

Landlords that apply before 31 January will be eligible for a discounted fee of £160 per property. From 1 February the cost of a licence will be £500. The legal start date of the licensing scheme is still 1 January. Visit www.newham.gov.uk/propertylicensing for more information.

>>> Swoop reveals fireworks folly



One of the fireworks purchased.

A swoop by Newham Council enforcement officers netted four shopkeepers for illegally selling fireworks to youngsters.

The owners of the shops in East Ham, Upton Park, Sevenoaks and Plaistow, could each face fines of up to £5,000 or six months in jail. They are not being identified at this stage for legal reasons.

The council used test purchasing to catch the shopkeepers, who sold powerful rockets and others to the 14 and 15-year-olds. The swoop followed complaints from local residents who were concerned that young people had been seen buying age restricted goods.

Council officers visited shop owners throughout the borough to hand out advice packs, which reminded them of the rules around the sale of fireworks.

Councillor Umesh Desai, executive member for crime and anti-social behaviour, said: "We will take swift, tough action against any retailer who is found selling age restricted goods. These laws are in place to protect young people from harm."

Rogue landlord is fined

A landlord has been fined £1,250 for forcing two pensioners to live in appalling conditions.

Gulzar Singh Bains, 37, from Ilford, admitted failing to comply with an Improvement Notice served on him in July 2011 by Newham Council under the Housing Act.

Thames Court heard how housing inspectors found the elderly couple had been living at Bains's mid-terrace three-bedroom Victorian house in Chesser Road in Forest Gate for seven months with a deficient heating system, a broken window, collapsed ceilings in both the bedroom and kitchen and an electric shower as the only source of hot water. The landlord ignored numerous requests to rectify the problems. The council, with concerns for the welfare of the couple, stepped in to carry out remedial works costing more than £1,400.

Councillor Andrew Bakke, executive member for housing and customer services, said: "We will never accept private sector tenants being exploited by landlords who force them to live in dangerous and unacceptable conditions."



Atherton Centre closes for multi million pound redevelopment

The Atherton Centre in Stratford will be closed from 31 December and will not open again until it has been rebuilt in 2015.

Newham Council is investing £14.7m to redevelop the centre in Romford Road. The new centre will include swimming facilities, a state-of-the-art gym and space for fitness classes, which is exactly what residents and users said they wanted to see at the Atherton.

When the Atherton is closed you can use the borough's three other excellent leisure centres. These re-open on 3 January after the New Year break:

Balsam Leisure Centre
Balsam Street, Plaistow, E13

East Ham Leisure Centre
284 Barking Road, East Ham, E6

Newham Leisure Centre
261 Prince Regent Lane, Plaistow, E13

You can keep up to date on the Atherton Centre development at www.newham.gov.uk/athertonleisurecentre

No Christmas humbug here

Turning on the Christmas lights is always one of the highlights of my year as it signals the start of the festive season.

People love to see Christmas lights and Christmas trees and this year's switch-ons brought smiles to everyone who attended. It was great to see families getting into the spirit of things and we all enjoyed each



other's company.

Some councils pulled the plug on their Christmas lights this year because of savage cuts in their funding from the Government and the need to make huge budget savings as a result. Newham has been affected more than most in that area, but I am determined there will be no Christmas humbug here. I want our Christmas lights events to continue to be well received

by residents who value and enjoy the festive spirit they bring.

Christmas is a very important time for our residents too and we want to do all we can to fill our town centres with seasonal cheer and a festive atmosphere in order to encourage shoppers to help boost the local economy.



Action we cannot condone



I was saddened to learn about the alleged inappropriate chanting from a very small minority of West Ham

United supporters at the recent match with Tottenham Hotspur.

Hammers chairman David Gold has campaigned tirelessly against anti-Semitism and hatred and I am confident the strongest possible action will be taken against any fans found guilty of such behaviour.

It makes our support of Holocaust Memorial Day in January even more important. This year the Olympic

and Paralympic Games brought together people of all cultures and ethnicities. By celebrating their legacy and showing that the suffering of the victims during the Holocaust – and those since – has not been in vain, we will build resilience through respect for difference and a shared sense of belonging.



Mayor's view

Young lifesavers spreading the word

Not many young people can say they learn about saving lives at school.

However, at St Angela's and St Bonaventure's Sixth Form in Forest Gate a group of students are doing a great job as health ambassadors, spreading the word to their family and friends about lung cancer.

They have been exploring the dangers of smoking to their parents and setting them homework. They are working on this worthwhile project with the innovative Canning Town charity Community Links.

If caught early enough, lung cancer and other concerns can be treated

People don't need to die unnecessarily because they don't detect the signs. Thanks to these young people, the symptoms are being recognised, which could make all the difference to someone's life.

Symptoms could include a cough lasting more than three weeks, shortness of breath, a hoarse voice, coughing up phlegm with blood or unexplained weight loss. These symptoms may not prove to be



serious but it is always best to check with your GP. Find out more by visiting www.smellie.org.uk.

Garden is a true inspiration

I went to Kingsford School in Beckton to officially open a memorial garden, which commemorates lost friends and acts as a place of inspiration, comfort and hope.

In 2007 three pupils from the school were victims of knife crime and the garden is dedicated to them. It has been two years in the making with the students raising much of the money for it.

The project is an important part of the school's healing process and now that it is complete it will continue to aid their recovery. Young people need to

know that leaves can have tragic effects on families and whole communities.

The majority do not carry weapons and it must stay like that. Often, those that do, do so because they think it makes them safer. Sadly it doesn't. Young people do when weapons are used and the garden reflects that.

It also promotes and fosters the Olympic values of respect, excellence, friendship, courage,

determination, inspiration and equality. I hope it continues to be a place where pupils are encouraged to shine the brightest they can be.



With chair of government Dr Williams, Sir Robin Wales, Kingsford School Headteacher John Davidson and pupils at the inauguration.

with Sir Robin Wales

Jobs within

When it comes to getting unemployed residents into work, we mean business. Building relationships with employers in the borough is key to ensuring that when vacancies arise our residents are first in line for job opportunities.

Workplace, our job brokerage scheme, is going from strength to strength and has now teamed up with Gallions Reach Retail Park in Beckton so retailers don't need to go far to source excellent staff.

A dedicated member of Workplace staff will be based at Gallions Reach to build relationships with businesses, ensuring that when a post arises Newham residents are best placed to secure the job.

Catherine Goddard, centre manager at Gallions Reach, has long been a supporter of Workplace. She has seen first-hand how their bespoke services have helped the recruitment needs of her retail tenants in Beckton. She said: "We've been promoting Workplace since they set up five years ago. When our retailers have a vacancy we point them toward Workplace. They get a tailored, professional recruitment service that gives them work-ready employees."

"Employing a local workforce is beneficial to residents, who get a job that's close to home, and to Newham businesses who gain reliable, committed and enthusiastic staff."

"Having someone from Workplace based at Gallions Reach means that the council can identify what businesses are looking for, put forward suitable candidates that meet their business needs and help create a strong local workforce."

What workplace can offer your business

- > A free, professional recruitment service tailored to your needs
- > A dedicated account manager
- > Reliable employees at short notice
- > Pre-employment checks for all candidates
- > Interview space

Since completing his degree, law graduate Kevin Ofari from Stratford has been looking for work – and Workplace was his first point of call.

"I've been working at Next in Gallions Reach since August. I'm an office assistant, which involves tasks ranging from updating the store directory to dealing with customer orders."

"When I initially went to Workplace I was looking for a legal office role. I had some experience of working in retail, so when I was told about the job at Next I thought it was a good opportunity."

"Workplace has been really supportive and my advisor has been amazing – we're more like friends. Before my interview I was briefed on the dos and don'ts and told to research the company. The best piece of advice I was given was to make myself indispensable and never limit myself within my role."

"I'm working 20-hours a week which means I can volunteer at the Central London Law Centre and pursue my legal career. I'm really enjoying my job and I have Workplace to thank for that."



David Johnson, assistant manager at Next in Gallions Reach, has been using Workplace for his store's recruitment for two years.

"Workplace approached Next asking if we could offer any work experience to their candidates. Our relationship has grown from there and around 70 per cent of our employees are from the local area."

"Before, we were wasting time interviewing people that weren't suitable. Workplace vet people before they apply, which means we're interviewing the very best candidate for the job."

"Our recruitment is done online but when a vacancy arises we send details to Workplace. Because they'll only recommend people who have suitable skills for the job, we will always take a close look at their applications."

"The calibre of candidates we get from Workplace is better than those that have walked in off the street. We work with Workplace because they offer such a good service. I'd definitely recommend them to anyone who needs good quality staff."



Sign up today

If you're a business that would like to find out how Workplace can support your recruitment needs call 020 3373 0576 or visit www.newhamworkplace.co.uk

If you're looking to work, sign up with Workplace to improve your chances of finding employment. Call 020 3373 1101 or visit www.newhamworkplace.co.uk

your Reach





Let's get active, Newham

This year Newham hosted the world's greatest sporting event and our residents helped to make it the most successful Games ever. Newham Council is keen this legacy lasts.

Legacy starts now!

From 3 January 2013, Newham Council will be working in partnership with activeNewham to run the council's leisure centres, sports, parks and volunteering services.

activeNewham is a not for profit organisation, who are focused on getting Newham residents fit and healthy. Their number one priority is you.

Everyone is welcome at activeNewham. Young or old, fit or unfit, you can enjoy everything from sports and fitness to gardening, volunteering and getting active in Newham's parks.

activeNewham will manage our high quality leisure centres with state-of-the-art gym equipment, as well as providing a wide range of exciting and popular activities. You can enjoy a swim, a workout or take part in the latest fitness classes from boot camps to Zumba.

Wherever you live in the borough, you will be able to find the coolest health and fitness activities happening near you whether they are in your local leisure centre or at your local park or community centre.

activeNewham gives you choice. It has


the best sports and activities programme in London, with more than 700 sporting events each month. You can get involved in football, enjoy high intensity athletics, take part in dynamic basketball or try something new like handball or cheerleading.

Be the first to hear about activeNewham. Visit www.activeNewham.org.uk and sign up for alerts. To find out more call 0844 4414 2728 (all calls charged at local rate).

FOOD LOVERS

save money

You can save up to £50 a month by throwing away less food. Find out how at lovefoodhatewaste.com

 **recycle for your community**
Baking & Chocoholics | Flowering | Newham | Rotherham

**LOVE
FOOD**
hate waste



FUSION

**FREE
FUSION**
TASTE SESSIONS
FOR 14-18 YEAR OLDS

**HAVE A GO
AT SOMETHING NEW IN 2013
WITH NEWHAM COLLEGE**
**EVERY SATURDAY
FOR ONLY 3 WEEKS
STARTING 19TH JANUARY**

**ENROL NOW
FOR A CHANCE TO WIN 1 OF 25
TABLET PCS OR AN IPHONE**

**BELIEVE IT ACHIEVE IT
COURSE DETAILS**

What is Fusion?
Fusion is a free, fun, and informative course for 14-18 year olds. It is designed to help you learn about different cultures, cuisines, and ingredients. You will also have the chance to taste some of the dishes you learn about. The course is run by a professional chef and is open to all. It is a great way to learn about different cultures and cuisines, and to have some fun in the process.

WHAT IS FUSION?
FUSION IS A FREE, FUN, AND INFORMATIVE COURSE FOR 14-18 YEAR OLDS. IT IS DESIGNED TO HELP YOU LEARN ABOUT DIFFERENT CULTURES, CUISINES, AND INGREDIENTS. YOU WILL ALSO HAVE THE CHANCE TO TASTE SOME OF THE DISHES YOU LEARN ABOUT. THE COURSE IS RUN BY A PROFESSIONAL CHEF AND IS OPEN TO ALL. IT IS A GREAT WAY TO LEARN ABOUT DIFFERENT CULTURES AND CUISINES, AND TO HAVE SOME FUN IN THE PROCESS.

Call on 020 8507 1444, text on 07534 888 123, email on fusion@newham.ac.uk, go online to www.newham.ac.uk/fusion
SEABOARD CAMPUS: Seaboard Road, London E15 4BQ
MARTIN CAMPUS: High Street South, London E16 2PS



VISIT US

**City
Gulies**



Delivering Promises

The Mayor's annual contract is his commitment to deliver what matters most to residents. We highlight some of our key achievements so far in what has been a momentous year for Newham.



Mayor Sir Robin Wales said: "The past year has seen Newham rise to the

challenge of welcoming the world to the 2012 Games, recognised as being among the finest ever

"As 2012 draws to a close I wanted to update you on some of the achievements from my Contract to residents, despite Newham suffering one of the biggest central government cuts of any local authority

"We will continue to face tough financial challenges but I am committed to making Newham a place where people choose to live, work and stay."

"We have made substantial savings while continuing to provide services that residents say matter most, including protecting free school meals for our primary school children, no increase in Council Tax, helping people into jobs and getting tougher on crime and anti social behaviour

"In the coming year we will continue to face tough financial challenges but I am committed to making Newham a place where people choose to live, work and stay"



No increase in Council Tax



For the fourth year, we continue to have the lowest Council Tax in outer London



First parking permit free for each eligible household within a Residential Parking Zone (RPZ)

Households in an RPZ without a car get 30 free visitor parking permits



Free school meals for all primary school children

We've saved hard working families £500 per child



Despite the massive cuts imposed on us by the Government, we continue to offer free school meals to all children in our 65 primary schools. No other London borough offers this.



Free bulky waste collection – up to six items

From April to September we collected more than 19,000 bulky items for free when many neighbouring boroughs charge for this service

✓ FREE in Newham



✗ £31.27 minimum charge in Redbridge

✗ £15 per item in Tower Hamlets



Helping residents access jobs and training

Last year we helped more than 5,000 residents into jobs. We are on target to help another 5,000 local residents find employment this year

"I hadn't worked in 15 years. Workplace was my first stop. Everything was very easy and straightforward." Kim Taylor



Ensuring a proper 2012 legacy for Newham

So far, the 2012 Games have delivered:

jobs – more than 5,500 local people have benefited from jobs arising from the 2012 Games

homes – Newham residents will benefit from 308 low rent family homes when the Athletes Village is converted for community use

opportunities – 69,714 residents visited the Olympic Park.



I was one of the first to work on the Olympic Park when everywhere was an empty space. I've worked on the Stadium, the media centre and even re-routed a river." John Durrie



Investing in our schools

We've had our best GCSE results ever. At 62 per cent, grades A*-C with English and maths are up three percentage points on last year. Our children's GCSE performance is four percentage points above the national average.

Our Every Child a Reader programme uses phonics to help children with their literacy. This has led to a 15 per cent increase in reading at KS1, resulting in us moving four per cent above the national average.

Newham will invest £26m to expand 14 primary schools



Every Child a Musician (ECaM)

The biggest music programme in the country has just got bigger. ECaM already gives every year 5 and 6 student in 63 Newham primary schools a free instrument and music tuition. Now it is also available to year 7 pupils in eight secondary schools, with more joining soon. Around 8,500 primary age children are learning to play an instrument, with a further 2,000 continuing their music tuition at secondary school.



By the end of the school year we aim to bring the number of Newham children receiving free music tuition to 10,000



Every Child a Sports Person

In the Olympic year we have piloted a new programme to give young people at ten of our secondary schools the chance to try up to 20 sports and have access to specialist coaching sessions. Soon this



programme will be extended to all of Newham's secondary schools.



Free swims for under 16s

Newham was the first council in England to provide free swimming

This year we are on target for 43,638

free swims to be enjoyed by Newham children



Free club membership for older people

Leisure bowls clubs in parks continued to offer residents aged over 60 free club membership – with a five per cent increase in participation.

By March 2013, 30,000 free swims will have been enjoyed by Newham's over 60s





The biggest community events programmes in the country

This Olympic year residents were able to enjoy almost one million Games-related experiences. This included tickets to the Games, volunteering opportunities and attending events across the borough.

- > More than **212,000** visits were made to Live Site screens in Stratford and East Ham
- > **196,000** people witnessed the Olympic Torch Relay
- > More than **170,567** residents attended Let's Get the Party Started community events
- > **63,000** visited the Mayor's Newham Show
- > More than **32,000** people attended Under the Stars music nights



So far, almost **1,000** community organised events have been funded by the council



Getting tough on crime

We have invested in 53 enforcement officers and 46 extra police officers. Together they have tackled your priorities around crime and anti-social behaviour (ASB). In the past year we have issued:

- > **3,865** litter fines – twice as many as other London borough
- > more than **1,500** notices to tackle waste in front gardens
- > **272** planning enforcement notices – more than five times the average for the rest of London

Between April and September 2012 crime fell

- ↓ Serious youth violence – down 44.4 per cent
- ↓ Vehicle crime – down 27.4 per cent
- ↓ Robbery – down 12.4 per cent
- ↓ Burglary – down 10.3 per cent

The borough is safer than last year



Increasing CCTV usage

Our CCTV wireless network means we can monitor crime and ASB hotspots

By spring 2013, we expect to have around **100** extra wireless CCTV cameras in operation, with more to come



Cracking down on anti-social dog owners

A bad dog is the product of a bad owner. To date, we have fined 79 dog owners for dog control issues. People that let their pooches poo in public can expect a fixed penalty notice of up to £50.

In the past six months we seized **49** dangerous dogs, more than the rest of London combined



Investing in local leisure services

We are building a new leisure centre to replace the Atherton Centre in Stratford. When complete, residents will have a state-of-the-art venue that will help them to live an active and healthier life.

We are also delivering improvements to leisure facilities and parks including:

- > Gooseley Park Changing Rooms, E6
- > Newham Leisure Centre E13
- > Violette MUGA (Multi-Use Games Area), E6
- > Maybury Road MUGA, E13
- > Warwall MUGA, E6
- > Ghendon Open Space, E15
- > Ploshet Park, E12.





Investing in our high streets and residential roads

Dump rubbish on our streets and you could end up in prison, like the two low breakers who we recently prosecuted after they admitted fly tipping in the borough.

Our target is to clear reported fly tips within 24-hours. As a result, **fly tipping is down 39 per cent** compared to the same time last year.



Making recycling easier

More residents can now recycle with the extension of our recycling service to those living in flats.



Investing in Children's Centres

Despite savage Government cuts we are continuing to invest £8m in our Children's Centres, which provide a range of benefits and services for local families.



Improving private rented housing

No one should have to put up with sub standard living conditions. That's why we're introducing a property licensing scheme for all private rented accommodation. We are the first council in the country to introduce this borough-wide initiative, which comes into effect in the new year.



Helping you buy a home

This year saw us build The Sherwoods, six eco-friendly homes in E16. The shared-equity project means that first time buyers have the opportunity to take a step on to the property ladder. We have plans to expand opportunities for more residents to buy their own home.



Creating job opportunities for residents

We've been working with local businesses to maximise job opportunities for residents. Since the opening of Westfield, there have been more than 2,500 offers of employment to residents. As well as this, Sisk, the developers of Rathbone Market have committed to employing at least 25 per cent of their workforce from Newham.

Find out more

The Mayor holds regular surgeries where you can speak to him about the things that matter most to you. Turn to page 36 and see the Meet the Mayor listing or visit www.newham.gov.uk/mayor for more details.

Light up your life



Whether you cycle to keep fit or as a way of getting from A to B, be a bright cyclist and make sure you're seen.

It is against the law to cycle at night without front and rear lights. Cycle in the dark without lights and you're less likely to be seen by a driver or other road users, especially in poor weather or when visibility is low.

With the increased popularity of pedal power, it's important that you make yourself visible on the road by vehicles and pedestrians. The best way to do this is by riding in a position where you can see and be seen by others, wearing bright clothing and ensuring your bike is well lit on dark nights.

What to wear (and what not to)

If you cycle at night you must:

- have white front and red rear lights in
- have a red rear reflector on your bike and amber pedal reflectors,
- if manufactured after 1/10/85

It is against the law to:

- cycle on a pavement;
- carry a passenger unless your cycle has been built or adapted to carry one;
- ride in a dangerous, careless or inconsiderate manner;
- disregard traffic signs and traffic light signals;
- cross the stop line when the traffic lights are red – unless there is a
- advanced stop cycle box;
- cycle when under the influence of drink or drugs, including medicine.

You should consider:

- reflective clothing;
- a cycle helmet;
- light-coloured or fluorescent clothing, help other road users see you in daylight or poor light;
- reflective clothing in the dark.

Get back into the saddle

If you'd like to perfect your cycling skills, improve your confidence on two wheels or learn how to be a better cyclist, sign up for free adult cycle training. Learn how to 'see and be seen', become a better cyclist and reduce your risks on the road. Sign up for your cycle safety session today by emailing

cycle.training@newham.gov.uk



Options are richer when they can't be seen.



Be bright, be seen.

Olympic Park off to a flying start

The transformation of the Olympic Park will create more than London's newest open space. Jobs and homes for local people are also top of the agenda for the London Legacy Development Corporation (LLDC). You have a chance to see what's going on first hand by booking one of their free bus tours.



Leanne Daig

With a 20-year planned build programme, the LLDC is keen to switch a generation of east Londoners on to construction as a career.

Leanne Daig, 20, from Sharnbrook, is a construction apprentice working on the Olympic Park. She said, "To find such a good apprenticeship is a very big opportunity. I work for four days on site and spend one day a week at college. The work is paid, which is good."

The £250m transformation of

the Olympic Park will bring 1,000 construction jobs, new homes, roads and bridges and the park itself. The first parts of the Queen Elizabeth Olympic Park open in July 2013, with the remainder opening in spring 2014.

Leanne hopes that her apprenticeship will be a stepping stone into a career in construction. She said: "I'm looking to be a site manager. I want to inspire all the young people who haven't got jobs. Construction is a good trade, and I believe you need a good trade behind you."

"I can't wait to complete my NVQ level 2, and then perhaps my level 3. I just want to get out there and work."

Work at the Aquatics Centre, which falls inside the Newham area of the Park, is well under way. When it reopens in spring 2014, residents will have access to two world-class 25m practice pools, an Olympic-sized competition pool and a diving pool.

Go behind the scenes

Book a free Olympic Park bus tour and find out more about the transformation. Tours take place on Wednesdays, Thursdays and some weekends with priority for residents living in the Olympic Host Boroughs. To book email perkiours@springboard-marketing.co.uk or call 0800 023 2030. Visit noordinarypark.co.uk for more information about the Olympic Park.

Construct your career

If you're a Newham resident interested in a construction job visit [Jobs Brokerage service Workplace](http://JobsBrokerageServiceWorkplace) to see how we can help you build your career. Find out more at www.newhamworkplace.org or call 020 5430 4331.





Offers you can't refuse

From beer to biker jackets, we've got some sparkling offers from Newham businesses to give your Christmas a bit more cheer.





Get the in laws out from under your feet this Christmas with a great offer from The Westbridge Hotel, Stratford.

Book a one night stay for two people for £99 and enjoy a complimentary dinner and breakfast when you mention the *Newham Mag*. Valid for stays between 17 and 28 December 2012.

For more information and bookings visit www.thewestbridge.com or email ala.vajicinskak@thewestbridge.com or call 020 3327 4969.

Come out from the cold and into the warm with this offer from the Queens Head Public House, 5 West Hem Lane, E15.

Throughout December, there's 10 per cent off bottled lagers when you show a copy of the *Newham Mag*.

Now under new management, The Queens Head brings together old East End and new Stratford. There's live entertainment and every Friday night you can enjoy the sounds of Central Africa with their Congolese band.



Festive flicks at Stratford Picture House, Theatre Square, E15
Newham residents get 2 for 1 on tickets for Christmas classics



Quote *Newham Mag* when buying your ticket at the box office or book by calling 0871 952 5740.

Throughout December enjoy movies like *Scrooge*, *Miracle On 34th Street*, *Die Hard*, *Gremlins* and *Home Alone*. Visit www.picturehouses.co.uk for films and times. (Terms and conditions apply, ask a member of staff for details).

Great Dane's

Dane's Yard Kitchen, 133 High Street, E15, is offering Newham residents who book their Christmas menu a complimentary bottle of house wine with their meal.

Bookings must be made a week in advance and be for four or more diners. This deal can not be used in conjunction with any other offer and is available until 24 December.

Call 020 8803 0003 and quote promo code NPD012 to book. Visit <http://danesyardkitchen.com> for more information.



Keep warm with City of Leather

From boots to biker jackets, if you're looking for a quality leather garments at low prices head to City of Leather, Unit 32, Inshops Centre, Stratford Shopping Centre, E15. Show this page and get £10 off any leather jacket. One discount per transaction, this cannot be exchanged for money. Call 020 8221 2228 or visit www.cityofleather.com



A Caribbean Christmas at the Theatre Royal Bar

Enjoy a free portion of platters with any main meal in the Theatre Royal Bar when you show a copy of the *Newham Mag*.



The offer is available at the theatre bar in Gerry Raffles Square, E15, subject to availability until 31 December.

Tuesday to Thursday evening bookings only. Call 020 8534 0310 for more details.

Nail your look at Shannen's Beauty

Pamper your nails this party season at Shannen's Beauty. Show a copy of the *Newham Mag* and get a free design with any nail treatment over £12 – saving you £5.

Offer ends February 2013. Visit www.shannonsbeauty.co.uk or pop into Unit 8, InShops Selection, Stratford Shopping Centre, E15. Call 020 8555 4115 for more information.



Oh my god!

I Fratelli, formerly The Brothers, is offering Newham residents a 20 per cent discount on all orders over £10 when you show this edition of the *Newham Mag*.

The offer runs until Friday 21 December. The offer includes fish and chips, pizza, al taglio and pasta takeaways. Head to I Fratelli, 4 Tramway Avenue, E15. Call 020 8519 3883 for more details.





Christmas in pictures



1 Getting excited about the holly days. Kay Rowe Hurstey, E7, helped to deliver some Christmas cheer at the Forest Gate Christmas lights switch on. 2 These carolers didn't have to go far to deliver a festive feel to the Forest Gate lights switch on. 3 Santa's little helpers keep warm at the East Ham Christmas lights switch on. 4 A jaw-droppingly good event. Children from Carpenters School E15, sing their hearts out for the Stratford lights switch on. 5 Scraping on thick ice in Theatre Square, E15, as part of a weekend of Christmas activities supported by Stratford Renaissance Partnership.

A tall tale

Theatre Royal Stratford East is renowned for its cutting-edge musicals and hilarious pantomimes. Their latest offering, *Jack and the Beanstalk*, promises to deliver both.





Writer Paul Brett's (*The Big Life*, *Reasons to Be Cheerful*) snappy, modern take on the well-loved fairy tale is filled with Ogres, harp-shaped divas and tap dancing chickens

The *Newham Mag* dropped into Pantomime at the Theatre Royal and were lucky enough to speak to the star of the show – Jack, played by Jorrel Coffio-Kemoll

What made you think of selling your cow for some beans?

Well, at the time it seemed like a good idea and they were special and magic

Have you ever thought about a career in banking?

Ha ha ha, nah, I'm not very good with money. I leave it up to Mummy. Mmm but she's not good with money either

How did you know how many beans your cow was worth? Did you use a cowculator?

They are magic beans! It doesn't matter how much they are worth

Tell us about your huge beanstalk?

It's tall with huge leaves. When you first look at it, it's quite scary, but it makes you want to climb it

What did you do to make it grow that big?

Nothing. Mum just took the beans and threw them away. When I woke up in the morning it was there

Tell us a little about the world of Ogre?

It's where Uggluck the giant lives. It's really scary. It's gigantic and it feels really really creepy.

How do you crack a golden egg, and do you prefer yours sunny side up or down?

Well, if you're gonna crack an egg you have to do it really carefully. Always sunny side up

Now that you are mega-rich what will you spend all your money on?

I want to go on lots of holidays and buy a lot of toys, but I'm dying to go to Disneyland

I hear that this pantomime has its own music, could you tell us a little bit about it?
It's got a bit of ska, reggae, hip hop, country – a bit of everything for everyone

Which songs do you sing?

There's quite a few songs. Come to the show you'll learn a bit more

During the rest of the year do you hang out with any other pantomime characters?

Well, I just met a girl called Lucy she is my friend. I really, really wish that I could hang with her more, but Marilyn my cow is my favourite. We spend a lot of time together

What are your plans for Christmas?

A big, big family Christmas. Just me, Mummy and Marilyn

WIN tickets

Jack has given us some magical tickets that could get you two entry to the panto. Three lucky families (two adults, two children) will get tickets to the show and a signed programme. To be in with a chance of winning, answer this question:

What magic item did Jack trade

his cow for?

- a. A pumpkin
- b. Beans
- c. A bicycle

Email your answer with your name, age, address and contact number to newhammag@newham.gov.uk or post it to **Newham Mag, West Wing, 4th Floor, Newham Dockside, 1000 Dockside Road, E16 2QU** before Wednesday 12 December. Tickets are subject to availability.

Jack and the Beanstalk runs until 19 January. Tickets are available from the box office at Theatre Royal, Gony Raffles Square, E15. Call 020 6534 0390 or visit www.stratfordeast.com

If you're a Newham resident who has never seen a show at Theatre Royal you can enjoy the panto for £2.50 at Newham Discount Nights on 2 or 3 January. Proof of address is required. Visit the box office for more information.

Got something to shout about? Email your ideas to newham.mag@newham.gov.uk

YOUR SPACE

where young people take control

HEART OF THE MATTER

Zaineb Rahman, 16, from East Ham, and the Youth Council have put heart health at the top of their agenda. Together they've created a short film to encourage young people to be more active and reduce obesity rates in Newham.

"We were given the opportunity to work on a fantastic project to create a video encouraging Newham's young people to be more active. The project began with a visit from the Heart Lives Newham project manager who explained some of the issues they aimed to tackle."

"Young people tend to have a sedentary lifestyle, which basically means we're not as active as we could be. This impacts on our health and contributes to diseases including heart disease. Our aim is to get young people more active and reduce their risk of heart disease."

"Newham currently has the second highest cardiovascular disease mortality rate in London"

"Some of the statistics we discovered were shocking. Newham currently has the second highest cardiovascular disease mortality rate in London. Newham also has high rates of Type 2 diabetes among children. This is linked to poor diet and obesity."

"Heart health is a topic we now all feel passionate about. We've learned a lot from the project and realised how easy it is to keep fit, especially as Newham has so many activities for young people."

"We've created a video to highlight the importance of healthy living. Our video connects with young people and really gets our message out that your health is your responsibility."



To watch the Youth Council's video, visit www.youtube.com/NewhamYouthMayor. The film is a part of the Heart Lives Newham project, a £1.5m partnership programme between NHS North East London, Newham Council and the British Heart Foundation. Turn to page 36 to find out about free activities in the borough.

Look after your health over **CHRISTMAS** ❄️

It's the season to be jolly and no one wants to feel under the weather, but if you do fall ill over the festive period here are some tips on where to go to get yourself back on track as soon as possible.

Many health services are stretched at this time of year. Here is a guide to the health services over Christmas.

NHS Direct

In the first instance call NHS Direct. To speak to someone 24 hours a day, seven days a week call 0845 46 47.

NHS Choices

The NHS's online health information service is www.nhs.uk.

Your local pharmacy

Your pharmacist can give you healthcare advice or treatment for minor illnesses and injuries. Call NHS Direct find a local pharmacy that is open over the holiday period.

Your GP

GP surgeries will be closed on

Christmas Day, Boxing Day and New Year's Day but will have an out of hours service available. Throughout the holidays there are also walk-in services where you can see a GP or nurse. One is based at Newham Hospital, Glen Road, E13 and the other at Vicarage Lane Health Centre, Vicarage Lane, E15.

Accident and Emergency (A&E)

A&E is for people whose life is at risk. Don't go to A&E if you have flu or cold like symptoms. If you're feeling unwell call NHS Direct before considering A&E. Please leave A&E for people who need it the most. Your nearest A&E department is at Newham University Hospital in Glen Road, E13.

NOROVIRUS

Norovirus is already on the rise this year. It's a nasty bug that causes diarrhoea and vomiting and is very contagious. The best way to prevent it is to clean your hands frequently and avoid touching your mouth or eyes, especially on public transport or in public places. Most people recover from Norovirus, within 2 or 3 days. To prevent it spreading to friends and family good hand hygiene is essential, especially after using the toilet.

FLU

Vaccination against flu offers the best protection. People who are at high risk of infection should be vaccinated. If you are aged over 65 or are pregnant, you should be vaccinated. Contact your GP or visit www.nhs.uk/Conditions/Flu-jab.

NHS Direct Tel 0845 46 47 Online www.nhsdirect.nhs.uk



Cooking with confidence

Going shopping and making yourself something to eat when you're hungry are things that most of us take for granted. These simple tasks can be a challenge for some people, but one that residents with learning disabilities are being taught to overcome.

The Saturday Cookery Club for young people with learning disabilities is held weekly at the Community Resource Centre in Rastow. It helps young people learn the cooking skills that can help them lead more independent lives, as well as experiencing the pleasure of preparing, cooking and eating their own meals.

The project doesn't only teach participants how to cook. Shopping, money management, healthy eating, safety in the kitchen and making friends are some of the additional skills the group has learned.

Farah Ashraf, director of the Care and Support Shop who runs the Saturday Cooking Club, has seen the confidence of participants increase as the project has progressed. She said: "These young

people have many abilities that are often ignored. Sometimes even their parents think, 'oh, my child cannot do that'. They just assume that because he or she has learning difficulties that they cannot go to the kitchen and make their own food, but they can. Cooking is a skill that anyone can learn."

Farah has seen the positive impact group activities have had on participants. She said: "Preparing meals is quite involved. You have to plan ahead, buy ingredients, learn how to measure and how to safely handle things in the kitchen. But it's not only about learning skills. When you work in a group you pick up the same positive attitude. Our young people are very proud of what they have produced and that encourages them to learn more."

"I enjoy cooking and helping in the kitchen. I have learned how to cook rice, curry, and spaghetti. I've baked doughnuts, cakes, biscuits and lots of other things. I like our cookery class." Sonio

"This week we are learning to cook chicken with roast potatoes for a Christmas dinner. The dinner is nice. I feel good." Azhor

"I'm learning how to cook. I've cooked curry and rice and chicken and burgers. I'm proud of myself. I'm enjoying it." Ruby



Roast chicken (serves six)

Ingredients

1 whole chicken (3lb), 1 tbsp mixed spices, ¼ tsp salt, ¼ tsp pepper
½ cup margarine, 1 cup raisins/dried fruits, 2 medium sized onions

Method

1. Preheat the oven to 180C, gas mark 4
2. Wash the chicken and place in a roasting pan. Rub the skin with some margarine. Put 3 tablespoons of margarine into the chicken's cavity. Season with mixed spices, salt and pepper
3. Add half a cup of water to the roasting pan, cover with foil and place in the oven for 75 minutes
4. Wash the raisins/dried fruit and leave to soak
5. Chop the onion, and fry until golden
6. Drain the raisins and add to the fried onion and cook for 30 seconds
7. Put the onion and raisin stuffing in the cavity of the chicken and return to the oven uncovered for 20 minutes
8. Remove from heat, serve with roast potatoes

Check your chicken is thoroughly cooked by placing a skewer into the thickest part. The juices should run clear

Roast potatoes

Ingredients

4 lbs roasting potatoes, peeled and cut into chunks, 4 tbsp vegetable or olive oil, 2 tbsp flour, 2 tsp salt, ½ tsp black pepper, some fresh or dried herbs (rosemary or parsley or thyme)

Method

1. Preheat oven to 180C gas mark 4
2. Place cut potatoes in a large pot, cover with cold water and add salt
3. Bring to the boil and cook for 15 minutes
4. Drain and sprinkle the flour on top
5. Place oil in the roasting tray add the potatoes, season well with salt, pepper and herbs. Cook in the oven for 30 minutes until lightly golden.

The Saturday Cockery Club is run by the Care And Support Shop. The award-winning club is open to anyone with a learning disability

To find out more contact Care And Support Shop, 496A Barking Road, E13, tel 020 7473 3018, e-mail info@careandsupportshopfd.com or visit www.careandsupportshopfd.com

Referrals can also be made through brokerage services such as Health Self-Directed Support Service. Email sdsl@healthis.org



A dog is for life

For many people a puppy is the perfect Christmas present, but owning a dog is also a responsibility. Failure to live up to this responsibility can now earn you a stiff fine.

Remember that no matter how much you love your canine companion, their doggy sausages and bow wow brownies are not welcome in our parks or on our paths. Failure to remove faeces can land you a fine of up to £80. Their poop is your problem. So whenever you take your tail-wagger for a walk make sure you have some bags to pick up its doo-doo and place them in the receptacles provided in our parks.

Don't be put off from having a dog, just make sure that you are a good dog owner. The Kennel Club has an excellent free guide known as the Canine Code – which helps you become the Welfare to your Ground.



Key advice includes:

- > **a trained dog is a happy dog**
- > **keep your dog under control**
- > **always clean up after your dog**
- > **never let your dog become a nuisance to others.**

For more information on being a responsible dog owner and dog training visit the Kennel Club website at www.gods.org.uk

Newham's Animal Welfare Team provides a free microchipping service to help identify your dog if it is lost or stolen. To find out more call 020 8566 9737.

Be a responsible dog owner

Residents have made it clear that dog mess drying our streets is unacceptable. Following a borough-wide consultation, Dog Control Orders, which tackle irresponsible dog owners and nuisance dog behaviour, have been extended to all public land.

- You can now get an £80 penalty if you:
- > fail to clear up your dog's mess
 - > fail to keep your dog on a lead
 - > have more than four dogs per dog walker
 - > allow your dogs in controlled areas such as children's play and sports areas

For more information visit www.newham.gov.uk/dogs

NEWHAM SERVICES FORUM

TO ADVERTISE IN THE NEWHAM SERVICES FORUM PLEASE CONTACT JULIE MADELL ON 07890 029 080

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Win tickets to Discover

Discover Children's Story Centre in Stratford, E15, is giving away two family tickets to *The House Where Winter Lives* - an exclusive production by Punchdrunk Entertainment.

Join Mr and Mrs Winter in their warm and welcoming cottage and enjoy a magical interactive storytelling adventure through the forest to find their missing key. The show runs until 13 January. Tickets cost £5 per adult and £3 per child.

For the chance to win a family ticket for two adults and two children, answer the question:

What season comes after winter?

Email your answer with your name, age, address and contact number to newnham@newnham.gov.uk or send it to Newham Mag, West Wing 4th Floor, Newham Dockside, 1000 Dockside Road, E16 2QU, before 12 noon on Wednesday 19 December. You must be available to attend the performance on Wednesday 2 January at 4.30pm.

Discover is also hosting Snow Goby - new storytelling sessions for babies and toddlers (0-3 years) with stories, songs and objects. You can also get creative this winter with 3D lantern making for ages six and over. Visit www.discover.org.uk for full listings and to find out more.

The House Where Winter Lives



Pupils are star struck

Maryland Primary School enjoyed an exclusive visit from Newham Olympian Christine Onuogu.

Christine spent a day at the school in Stratford sharing her 2012 experience with the children and inspiring them to achieve their goals. Children enjoyed friendly chats and advice from Christine and had the chance to hold the silver medal she won in this year's Olympic Games.

Maryland student Rhys said, "Christine Onuogu has inspired me to be a great athlete. When I saw her achievements, it made me realise that when you work hard anything is possible. I now know that when you work hard you can achieve more."



Christine Onuogu shares her medal with Maryland people

A new Zumba experience

If you're looking for an intense, calorie burning fitness session make Zumba Sentao your new workout.

The chair based Zumba workout takes cardio workout exercises to a new level. Learn how to use a chair to work on your balance, enhance muscle strength and tone your body.

Classes are held at Ascot Community Hall, Hornet Road, E18, on the second Friday of each month, 7-8pm. Classes cost £5 and are open to all. Places must be booked in advance.

Traditional Zumba classes are held on the first Friday of each month from 6-7pm, and the middle and last Friday of each month from 7-8pm. Zumba classes cost £4. Concessions are available to students, over 60s and those in receipt of benefits. Proof will be required.

For more information email one-completer@btmail.co.uk or call 07936 179 569.



Take note of Royal

Enjoy a musical masterclass with the Royal Philharmonic Orchestra, who are partnering up with the Young N Gifted Choir to deliver a free, exciting, one-off workshop.

If you're aged over 11, love music, play an instrument, sing or just want to get involved with a local music group, sign up for the session on **Wednesday 19 December from 6-8pm at Beckton Youth Zone, Beckton Globe, 1 Kingsford Way, E6**. There will be range of orchestral musicians including string, brass, percussion and wind players.

For more information email info@youngnifted.org call 07956 436 743 or visit

www.facebook.com/youngniftedchoir



A treemendous offer

If you're looking for a quality real Christmas tree, get yourself an ethically sourced Community Christmas Tree from charity Community Links.

Dig out your Christmas decorations then head to Queens Market, Green Street, E13 or Newham City Farm, Starfield Road, E8, every Saturday and Sunday, from 9am-5pm until Christmas Day. Sales start from 30. Prices vary starting from £25. All profits go to the charity Christmas Tree Appeal.

You can also order a tree online. To find out more, or to make your purchase visit www.communitychristmastrees.co.uk or call 020 7473 9967.



Christmas carols for all



Join the Newham Volunteer Police Chords for Christmas carols and fancy dress at Asda, Tisigale Road, E8. The chords will be singing for your entertainment and to raise money for Newham charity Cancer 'You Are Not Alone' on

Monday 17, Wednesday 19 and Friday 21 December from 5.30-6pm and Saturday 22 and Sunday 23 December from 2.30-6pm.

For more information email Robert.sewell@prudential.co.uk or call 07825 330 454.

Kids' Corner



PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime
contact telephone number on the back of your entry

GALLERY



Sajid Uddin, 6



Zayna Sheikh, 6



Taseen, 12



Muhammed Thameel Yaseen, 11

Free membership at Stratford Picturehouse

This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2GU**. Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see who's on.



Colour-me-in Wordfit

Jokes

Why do witches wear name tags?
So they know which witch is which.

What's an eight letter word that only has one letter in it?
Envelope.

What part of the house has a heart beat and breathes?
The living room.

Rashma Begum, 10

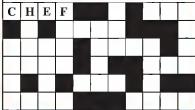
Winner

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7 - 21 DECEMBER

OUR THRILLING THREE...

1

Queens Market Christmas Event Sat 15 Dec and Mon 24 Dec. 11am-4pm. Green Street, E15. Call 020 8475 8871, email street.markets@newham.gov.uk or visit www.newham.gov.uk/christmas

2

A Life Quite Ordinary A photographic exhibition by Andrew Baker at Stratford Circus Theatre Square, E15 during Stratford Circus opening hours. Visit www.stratford-circus.com or call 020 8279 1000

3

Free exhibition Sugar Girls: Working Women of Newham Exhibition at North Woodwich Library, 5 Pear Parade, E15 until Thurs 20 Dec. To find out more about the sugar girls visit www.thesugargirls.com

MENTION THE MAG...

If you're aged 17 or over and fancy a winter workout, lock up a sweat with Zumba with Annelid. Learn new moves and get fit at an exhilarating, easy to follow, Latin-inspired aerobic class for all abilities.

Sessions usually cost £5 but take along this copy of the **Newham Mag** and enjoy your first class for free.

Classes are held on Mondays from 7-8pm, at Vicarage Lane Community Centre, Grover Close, E15, and on Tuesdays from 8-9pm, at the Swift Centre, 387 Barkin Road, E13.

For more details email lucbell@tiscali.com or call 07500 896 885



TRY SOMETHING NEW... VOLUNTEER AT FLANDERS FIELD

If you're aged over 16, are free on Wednesdays and would like to help beautify Flanders Field Community Garden, get your hands dirty at their gardening project.

A community gardener will lead sessions, with how projects taking place every week. Help with site design, construction, soil care, compost preparation and more. Volunteers should bring a nardol and wear appropriate footwear - wellies or steel toe boots.

Come along to Flanders Field Community Garden, Melbourne Road, E6 every Wednesday from 10am-1pm. Refreshments will be provided.

For more information email ola.rugb@bontydowns.org or call 020 8596 7117/07584 789 195



ARTS AND ENTERTAINMENT

Comedy Night

Free entertainment every Mon-Fri, 8pm, Theatre Royal Stratford East, Gerry Raftery Square, E15. Visit www.stratfordeast.com/comedy-night

Mini Musical Makers

Free music and story building sessions for children and parents with Newham Academy of Music.

Wed afternoons, Discover Story Centre, 383-387 High Street, E15. Call 020 8536 5205. Mon mornings, The Hartley Centre, 287 Barkin Road, E6. Call 020 7540 892.

Places are limited - please book before attending.

COURSES

Be it Online

Book computer sessions for all. All sessions take place at local libraries. You must book in advance.

Wed 10am-12noon, Stratford Thurs 10am-12noon, Ganning Town Fri 10am-12noon and 2-4pm East Ham

Free Computer Course (19+)

Until 7 Jan 2013. Mon-Thurs 10am-5pm, Fri 10am-1pm, Jack Cornwell Community Centre, Jack Cornwell Street, E12. Call 07943 887 612/07507 173 272

Knit & Natter

Craft group for men and women of all ages and abilities, at local libraries. Weds 10am-12noon, Beckton Globe

Fri, 10am-12noon, Canning Town

UNDER FIVES LIBRARY ACTIVITIES

Open to under fives with their parents/carers. All sessions take place at local libraries.

Toy Library

Tues and Thurs,
10am-12noon, East Ham

Imaginative Play

Fri, 10.30-11.30am, East Ham

Storytelling

Mon, 10.30-11.30am

Canning Town

Tues, 10.15-11.15am,

Custom House

Tues, 11am-12noon, Plaistow

Tues and Fri, 11am-12noon,

Stratford

Wed, 2-3pm, East Ham

Thurs, 2-3pm, North Woolwich

Thurs, 10.30-11.30am

Green Street

Fri, 10.30-11.30am,

Beckton Globe

Fri, 11am-12noon, The Gate

YOUNG PEOPLE'S LIBRARY ACTIVITIES

All sessions take place at local libraries

Homework Club

For young people aged 7 to 14
School term only

Mon, 4-6pm, Stratford, East

Ham and North Woolwich,

3.30-5.30pm

Tues, 4-6pm, Beckton and

The Gate

Thurs, 4-6pm, Canning Town,

Custom House and Plaistow

Games Clubs

Free activities such as Sony

PS3, Xbox 360, Wii games,

board games and more for all
children aged 8-13

Mon, 3.30-5.30pm, Canning

Town and Manor Park

Tues, 3.30-5.30pm, Custom

House and East Ham

Teen Xtra Evenings

Free activities for ages 12-21

Thurs, 6-8pm, The Gate

ADULT LIBRARY ACTIVITIES

All sessions take place at local libraries

Adult Reading Groups

Mon 10 Dec, 6.30-7.30pm,

Stratford

Mon 7 Dec, 6.30-7.30pm,

East Ham

Over 50s Club

Thurs, 10am-12noon,

Beckton Globe

ACT Surgeries

Thurs, 10am-12noon The Gate

EXTRA ACTIVITIES

Royal Docks Learning & Activity Centre

All sessions cost £1 unless

specified otherwise

Mon, Mother and Toddlers

9.30-11am

Tues, Bingo, 10am-12noon

Over 50s Computer Classes,

10am-12noon

Healthy Cooking Group,

10am-12noon

Weds, Salsa Classes

10.30am-12noon

Sewing Classes: beginners 10

11.30am and intermediate

11.30am-1pm

Thurs, Tai Chi, £2,

10.30am-12noon

Sessions take place at Royal
Docks Learning and Activity

Centre, Albert Road, North

Woolwich, E16

Call 020 7476 1666

LGBT Community Group

For over 50s. Snacks and

refreshments provided

Every third Tues of each month,

4-6pm, Community Resource

Centre, 200 Chargeable Lane,

E13. Call 020 7233 8055

Dirty Hands Project

Grow your own fruit and veg

Open to all. First Sat of each

month, 10am-2pm, Valenta

Grove, Opposite Plaistow

Station E13. Visit

www.dirtyhandsproject.org.uk

or email dirtyhandsproject@gmail.com or call 07961 674 210

Older People's Reference Group

For over 50s. Christmas party

with food and entertainment.

Thurs, 13 Dec, 12.30-2.30pm,

St Mark's Community Centre,

218 Tolgate Road, E6

Call 020 7241 5902

BASKETBALL

Youngbloods Basketball

All sessions cost £1

U12s: mixed

Sat, 1-3pm, East Ham Leisure

Centre, E8

U13/14s: boys

Mon, 6-8pm, St Angelo's

School, E7

Tues, 5.30-7.30pm, Newham

Leisure Centre, E13

U14s: girls

Mon, 4.30-6pm, St Angelo's

School, E7

Tues, 5.30-7.30pm, Newham

Leisure Centre, E13

U15/16s: boys

Tues, 6-8pm, East Ham Leisure

Centre, E8

Fri, 6-8pm,

St Angelo's School, E7

U17/18s: boys

Tues, 6-8.45pm, East Ham

Leisure Centre, E8

Thurs, 7-9pm, St Bonaventures

School, E7

Fri, 6-8pm,



St Angelo's School, E7

Call 02066 307 667

Newham All Star Sports Academy (NASSA)

All sessions take place at UET,

Docklands Campus, University

Way, E16. Sessions are £1

unless indicated otherwise

Visit www.nassasports.org.uk

Wed, 4.20-6pm, U13-14

6-8pm, U16-18

8-10pm, Senior Men

Thurs, 4.20-6pm U13-14

6-8pm, U16-18

8-10pm, Senior Women, £2

Fri, 4.20-6pm, U13-14

6-8pm, U16-18

8-10pm, Senior Men Run, £2

Sat, 10.20am-12.20pm, Junior

boys and girls, 8-14, £2

Call 07708 509 905

or 07712 176 301

National League

Mon, 6-8pm, U13/14s,

Rickaby School,

Barking Road, E16

Tues, 6-8pm, U15/16s

Rickaby School,

Barking Road, E16

Thurs, 4.30-6pm,

U13/14s boys, U14s girls,

Newham Leisure Centre,

Prince Regent Lane, E13

6-8pm, U16s,

Newham Leisure Centre,

Prince Regent Lane, E13

6-8pm, U18s, Cumberland

School, Oban Close, E13

Gifted and Talented

Fri, 4.15-5.30pm

Cumberland School,





Oban Obasa, E13

Basketball Session

Sat, 10am-12noon
Newham Leisure Centre,
Prince Regent Lane, E13

Sanier Men/Women Programme

Mon, 7.30-9.30pm
Division 2 Women and Division 3/4 Men: Rokeby School, Carling Town, E16
Call 07947 407 635

FOOTBALL



Free Futsal Session
For ages 7-12 **Sun 9 Dec**
3-5pm, UEL Sports Dock,
Docklands Campus,
University Way E16 Email
contact@geninfo.co.uk
or call 07716 280 415

Mayor's Football League

8-16s, Mon, 4-5pm
Newham Leisure Centre,
Prince Regent Lane, E13

4v4 Football

8-16s Wed, 5-7pm
Stratford Park MUGA,
West Ham Lane, E15

5v5 Football

8-16s, Fri, 5-7pm
Nigel McKee Gardens,
Rer Road, E16

4v4 Football

8-16s, Fri, 5.30-7pm
Snowhill MUGA,
High Street North, E12

5-a-side Tournaments

(First Sat of the month)
U12s/U14s/U16s, Sat,
10am-1pm
Pleshet Park, Pleshet Green, E7

8-16s, Wed, 7.30-9pm
Winser community MUGA,
Manor Way, E8
Call 020 3373 4119

WNU Kicks (free)

Mon, U14s, 4-5.30pm
15+, 5.30-7pm
West Ham United Community
Astro Turf (Beckton), E8
11-18s, 5-6pm
Forest Gate Youth Centre, E7
Tues, U14s, 4-5.30pm
15+, 5.30-7pm
West Ham United Community
Astro Turf (Beckton), E8
11-18s, 6-9pm
Priory Park MUGA, E8
Wed, 11-18s, 5-6pm
Priory Park MUGA, E8
Thurs, 11-18s, 4-7pm
Priory Park MUGA, E8
Fri, U14s, 4-5.30pm
GHS 11+, 5.30-7pm
West Ham United Community
Astro Turf (Beckton), E8
11-18s, 5-6pm
Forest Gate Youth Centre, E7

Air Football 16+

Tues, 7-9pm,
Stratford Park, E15
Fri, 5-8pm, Beckton
Powerleague, E8 Visit
www.airfootball.co.uk

Ascension Football Academy

All seasons E3
School years reception to 11,
10-11.30am
King George V Park, King
George Avenue, E16 Call
07556 584 525

BOXING AND SELF DEFENCE



Boxing

West Ham ABC - community
boxing, 11-12s
Free Olympic style amateur
boxing sessions
Hathway Community Centre
Hathway Crescent, E12
Wed, 7pm Call 020 8430 2000
West Ham Boys ABC 9+,
boys and girls
Mon-Wed, Fri, 5-6pm
The Black Lion, D9-61 High

Street, E13 Call 020 8472 5614
Peacock ABC 8+,
Mon, Wed, 6-8pm
boys and girls
Custon Street North, E16
Call 020 7511 3799
Newham Boys ABC
6+, boys only
Mon, Wed, Fri 5-7.45pm
Old Beth House, 141 Church
Street, E15 Call 020 8519 5983
Fight For Peace 11+,
boys and girls
Woodman Street, North
Woolwich, E16
Call 020 7474 0254

Punch Out (16+)

Free boxing fitness workout
Thurs, 8-9pm, Beckton
Community Centre,
Manor Way, E8
Fri, 5-6pm Katherine Road
Community Centre, 254
Katherine Road, E7 Email
geninfo@newham.gov.uk

Shoulin Karate

Sessions for beginners
Newham Shoulin Karate Club
Wed, (joining term time only)
4.30-6.30pm, Fri, 6-7pm
and 7-8pm, Sat, 10-11am,
Newham Leisure Centre,
Prince Regent Lane, E13
Call 07508 070 638
Docklands Shoulin Karate Club
Mon, 5.20-8.20pm UEL Sports
Dock, Docklands Campus
E16 Call 07517 136 637

Yang See Do

Korean Martial Arts for 5+ to
adults, £5 per session - family
discount available
Sat, 1-2.30pm (join at least
15 minutes before start) The
Hub, 123 Star Lane, E16
Tue, 7.30-8.30pm Grassroots,
Memorial Park, Memorial
Avenue, E15
Call 07725 948 426 or email
ace_rozali@hotmail.com

Pop Skip and Punch (18+)

Mon, 5.30-6.30pm, Katherine
Road Community Centre, 254
Katherine Road, E7
Call 020 8548 9825

HEALTH AND FITNESS



Handball (free)

8-16s, Tues, 3-4.30pm
16+, Fri, 6-8pm
Newham Leisure Centre, Prince
Regent Lane, E13 Email
aranka.bukler@newham.gov.uk

Multi sports (free)

Wed, 1.30pm-5.7pm, 16+
Stratford MUGA,
West Ham Lane, E15
Fri, 5.30-7pm, 8-16s
Snowhill MUGA, High Street
North, E12, Call 020 3373 4119

Athletics

Sun, 10.00am-12.30pm, 10-12s
Newham Leisure Centre,
Prince Regent Lane, E13 Email
cos@newham.gov.uk
Newham and Essex Beagles
Athletics Club, Mon and Wed,
6.30-9pm, 10+
Sat, 10am-1pm
Call 020 7511 4477

East End Road Runners

Free coached sessions for
all abilities
Tues and Thurs, 7pm
Sun, 8am, meet on the track,
Newham Leisure Centre,
Prince Regent Lane, E13
Call 07979 287 847

Run England sessions

All sessions are L2 indicated
otherwise
Sun, 10am 12noon, Newham
Leisure Centre, E13 (meet on
the track)
Mon, 4-5.30pm, Newham Leisure
Centre, E13 (meet on the track)
5.45-6.45pm, Newham
Dockside, E16 (meet at reception)
Tues, 6-7pm, Newham Leisure
Centre, E13 (meet on the track)
Wed, 12noon-1pm, Newham
Dockside, E16 (meet at reception)



Thurs, free 5.15-6.15pm, UEL Docklands Campus, E15 (meet at reception)
Sat 10-11.30am, East Ham Central Park, E8 (meet at the car park)
10-11.30am, Westwood Flats, E12 (meet at Harrow Road Changing Pavilion)
10-11.30am, Memorial Park, E15 (meet at car park)
Call 07718 394 874

Criquet

Wed 6-8pm, 8-18s, Later Community School, St Mary's Road, E13 Call 020 3373 4119

Hockey

Mon 3-4pm, 8-14s
Kingfold Astro, Kingfold Way, E8 by Aisle car park
Call 020 3373 4119

Rugby

Tues 4-6pm, 10-16s
Memorial Park, Memorial Avenue, E15 Call 020 3373 4119

Volleyball

Mon 3.30-5pm 11-16s Royal Dock School, Prince Regent Lane, E16 Call 020 3373 4119

Newham Swords (4+)

Tues, 8.30-9pm
Thurs, 6.30-8pm
Fri, 7.30-10pm
The Hub in the grounds of Newham Leisure Centre, Prince Regent Lane, E13
Call 07955 618 898

Newham Striders

Free sociable walking group seven days a week
Call 020 8430 2090

Free Men's Health

Football Fitness Sessions
Sat 10-11am, West Ham United Community Training Facility, 80a Abchurch Lane, E6
Call 020 7473 7724

Free Family Fit Club

Sat 11am-1.30pm, West Ham United Community Training Facility, 80a Abchurch Lane, E6 Call 020 7473 7724

Zumba classes

Thurs, 7.30-8.30pm, St Nicholas Church Hall, Gladding Road, E12

£5 per class. Call 07720 805 505

Saturdays

For fathers, grandfathers, uncles and children aged 0-16
Sat 12noon-3pm,
Chandos East Hub, 90 Chandos Road, E15
Call 020 8221 2137

Family Fitness classes

£4-£5 for adults 1:1 for children/teens

Outdoor classes

Adult only Boot Camp
Tues, 9.30-10.30am
Family Boot camp (children must be 7+) Tues 5-6pm
Teens only Boot Camp (13-16)
Wed 5-6pm

Family Boot Camp

Sat 11.30am-12.30pm
Grassroots, Memorial Park, E15
To register for outdoor classes call 07904 625 402 or email info@5starphysique.co.uk

Indoor classes

Funky Kicks Step aer (7+ jump rope based exercises and games) Thurs 5-6pm
Adults Stepkick Circuits, Thurs 6.15-7.15pm
The Hub, 123 Star Lane, E16
Call 07904 625 402 or visit www.5starphysique.co.uk

Newham Young Britains

A.S.C

Learn to swim and/or improve your strokes

Men's session (12 week course)
£70/60 Sat 5.30-6.15pm

Children's session (£2 per session)
5-16 Sat 5.15-7pm
Newham Leisure Centre, Prince Regent Lane, E13
Call 07955 304 518

Yoga Classes

£5.50 for all-time workers or £3.50/£4 for students and those in receipt of benefits
Tues, 6.10-7.10pm and
Fri, 10.30-11.30am
The Hub, 123 Star Lane, E16
Wed 6.30-7.30pm
The Unitarian Church, West Ham Lane, E15

Call 07955 506 007 or visit www.yogacna.co.uk

Woodside

Buzminster Club

Intermediate and club standards players welcome
Fri 8-9.30pm
£5 waged/£3 unwaged
Capstan Docklands Centre, 98 Gibbons Road, E15
Call 07955 761 676/07966 180 240

Table Tennis

For beginners and intermediate players
Thurs, 6.30-8pm
Stratford School, Upton Lane, E15 (Dane Road entrance)
For more info call 07976 577 716 or 07628 865 031 or email genny.harris10@btinternet.com

Qi Gong

Suitable for adults of all abilities
£5 per session
Thurs, 8pm on the Docklands Community Boat moored near ExCel, Meet at the gates to Millennium Mill Mill Road, E18
Call 07930 610 275 or email kee@ghousewithahaven.com

UnityZumba

Classes are £5 each adults, children £3 (9+)
Mon and Wed 8-9pm, Hartley Centre, 267 Barkings Road, E6
Tues and Thurs, 8.15-9.15pm, St Mark's Community Centre, 218 Tolpelt Road, E8
Fri, 7.30-8.30pm, African Caribbean Centre, 627-633 Barkings Road, E13
Sun, 6.30-7.30pm
The Hall Centre, 49 Vantage Lane, E6 Call 07886 804 573

Beginners' Ballroom

£2.50 per session
Mon 10am-12noon, St Paul's Church Centre, Burgess Road, E8
Call 07781 209 453

Twisted Pink

Open to 7-21s
Street Dance sessions, Fri 8-9pm, E3
Zumba classes (From 30 Nov)
Fri 7.15-8.15pm £5 including childcare
St Luke's Church, 89 Telling Road, E16
Call 07534 513 307, visit www.twistedpink.org.uk or email



twistedpink@bt.com

Zumba with Annabel (17+)

Mon, 7-8pm, £5, Vantage Lane Community Centre, Glaxo Close, E15
Tues, 8-9pm, E4, Swift Centre, 267 Barkings Road, E13
Call 07500 888 005

Free Aquatics Club

Open to all abilities
For ages 14-25
Fri 7.45-8.45pm, Newham Leisure Centre, Prince Regent Lane, E13 Until 14Dec

FEMALE SPORTS

Zumba Fitness (12+)

£5 per session 8.30-9.30pm
The Hub, 123 Star Lane, E16
Email bolymwood@btinternet.com or call 07950 455 683

Dance2Dance

Free street dance classes for girls, 12-16s
Fri, 3.30-5.30pm
Newham Leisure Centre (Phase Indoor Multi Sports Centre)
Prince Regent Lane, E13
Call 07970 783 026

Girls Spinning Sessions

11-16 Mon and Wed
4-4.30pm, Newham Leisure Centre, Prince Regent Lane, E13
Call 020 7511 4477

Female Only Gym Sessions

11-16, Tues and Thurs, 3.30-5pm, 16-25, Weds, 1.30-3pm, free, Newham Leisure Centre, Prince Regent Lane, E13
Call 020 7511 4477

Female Boxfit Classes (16+)

Mon, 4.15-5.15pm, Balaam Leisure Centre, Balaam Street, E13
Call 07970 783 526

Girls Football

Mon, 6-7.30pm, 12/14s football tournaments

Kingsford Astro (entrance by Asda car park) Beckton, E8
Call 020 8558 6973
13-14s football coaching and tournaments, Tues, 3.30-5.30pm
Newham Leisure Centre,
Prince Regent Lane, E13 Call
020 8558 5973

Women United FC (14+)
Mon (firm time only)
6-7.15pm, Kingsford School,
Kingsford Way, E8
Call 07928 585 849

Get Back into Netball
GPA Netball Club sessions
Tues, juniors, 6-7pm, seniors
8-9.30pm £2 per session
Lester Community School
St Mary's Road, E13
Call 07717 281 529

Body Blast (16+)
Mon, 7-8pm and Thurs, 6-7pm
Valent Central Unit 27a, 3
Armada Way, Gallions
Shopping Centre, E8

Female Multi-Sports
Cardio, Tennis, Hinctail
Rounders, Football and more
10-11a 4.30-6.30pm, Tues
4.30-6.30pm Newham Leisure
Centre, Prince Regent Lane, E13
Fri 4.15-5.15pm, Little Ilford
Youth Zone, Rectory Road, E12
Call 020 8558 5572 or email
Female.Ryan@lcc.org

**Sheila's Mummy
Mummy Buggy (16+)**
£5 per session
Mon, 10-11.30am
Evelyn Adams Central Park, E8
(meet outside cafe in the park)
Fri, 10-11.30am, Plaxford Park,
Plaxford Grove, E8
Call 07068 614 958 or email
apollon@lcc.com

Get back into Netball
GPA Netball Club sessions
Tues, juniors, 6-7pm, seniors,
8-9.30pm £2 per session
Lester Community School
St Mary's Road, E13 Call
07717 281 529 or email
opennetballclub@hotmail.com

Zumba classes
Tues, 8-9pm,

E4 per hour, The Swift Centre,
387 Barkings Road, E13
Thurs 7.30-8.30pm,
E4 per hour, The Hub, 123
Star Lane, E16 For more
details call 07500 898 885

Jane's Fitness (16+)
Salsa and Zumba fitness
sessions £5 per session
Tues, 9.30-10.30pm St
George and St Ethelbert
Church Hall, Belford Road, E8
Email info@janesfitness.co.uk or
call 07818 000 543

Bollywood Dance Class
For ages 13-18 Wed,
6-7.30pm, Katherine Road
Community Centre, 254
Katherine Road, E7
Call 020 8548 8625

**SPORTS AND PHYSICAL
ACTIVITIES FOR
DISABLED PEOPLE**

Multi-Sports
Free Flying Wheels club for
young wheelchair users 6-22
Wed and Fri evenings, 6-8pm
Roksey School, Barking Road
E16 Call 07888 085 259
U19s, Fri 4.30-6.30pm
Newham Leisure Centre, E13
Disabled Multi Sports, Tues,
10.30am-12noon Newham
Leisure Centre, E13
Call 020 7511 4477
Fri, 4.30-6pm, NewMo Prince
Regent Lane, E13
Call 07811 671 082

Wheelchair Basketball
11.15, Wed 4-5pm
Roksey School, Barking Road
E16 Call 07947 401 816

**Family Swims for Disabled
Children and Adults**
Newham Otters Swimming Club
Sat Newham Leisure Centre,
E13, 4.50-5.30pm. For more
details call 07931 788 733
Early Swim, Sat, 12.30-2pm,
Baleham Leisure Centre, E13,
£5 Call 020 7476 5274

Free Drop-in Training Sessions
U18s Fri 5-7pm and Sat,
12noon-3pm Newham Leisure

Centre, E13 Call 020 7511 4477

**Mixed Swimming Sessions
for Adults and Children**
Wed, 10am-12noon, East Ham
Leisure Centre, E6 £1.15 per
session, Call 020 8548 5850

**Free Swims for Families
dealing with Autism**
Wed, 4-5pm, Baleham Leisure
Centre, E13 Call 020 7476 5274

Get fit for free
Free use of the gym for one
year for people with learning
disabilities at Newham Leisure
Centre, Tues, 1.30-3.30pm and
Fri, 10am-12noon To book an
induction call on 020 7511 4477

B1 Football Club
Third Sun of every month
10am-12noon, East Ham
Leisure Centre, E6

**Free soft play and
exercise to music**
Sat, 2-3pm, Newham Leisure
Centre, E13 Call 020 7511 4477

COMMITTEE MEETINGS

All meetings take place at
Newham Town Hall, Barking
Road, E8, unless specified
Mon 10 Dec, 10am, Licensing
(2003 Act) Sub-committee
3pm, Newham Partnership -
Employment and Enterprise
Partnership Action Board
6pm Council Council
Chamber

Tues 11 Dec, 7pm, Children
and Young People Scrutiny
Commission

Wed 12 Dec, 10am, Licensing
(2003 Act) Sub-committee
Council Chamber

Thurs 13 Dec, 5pm, Cabinet,
Council Chamber
5.15pm, Mayoral Proceedings,
Council Chamber

Mon 17 Dec, 7pm, Local
Development Committee,
Council Chamber, Old Stratford
Town Hall, E15

Tues 18 Dec, 7pm, Strategic
Development Committee, Old
Town Hall Stratford, E15
Visit www.newham.gov.uk/committee
for updates.

MEET THE MAYOR

Mon 10 Dec, 9.30am, The
Place, 2 Silverdown Way, E16
Tues 18 Dec, 6pm, Newham
Town Hall, Barking Road, E8
Sat 22 Dec, 9.15am, The
Gate, 4-30 Woodgrange
Road, E7
Weds 12 Dec, 9.30-10.30am
Residents can telephone
020 8430 2000 between
9.30am and 10.30am and
speak directly to the Mayor
Visit www.newham.gov.uk/mayor
for updates

LIBRARY CONTACTS

Beckton Globe
1 Kingsford Way, E8
Canning Town
Barking Road, E16
Custom House Prince Regent
Lane, E16
East Ham
High Street South, E8
Green Street
337-341 Green Street
The Gate 4-30 Woodgrange
Road, Forest Gate, E7
Minor Park
Romford Road, E12
North Woolwich
5 Pier Parade, E16
Plaistow North Street, E13
Stratford 3 The Grove, E15
Archives and Local Studies
(limited postal and email service
only) call: 020 3373 6881
email: archives@localstudies@newham.gov.uk
Community Outreach
Services To find out more call
020 3373 0815

Hundreds of services
- just one number for all
council enquiries
Call 020 8430 2000

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www.facebook.com/NewhamCouncil

Christmas and New Year revised refuse and recycling collection times

Collection day

Monday 24 Dec
 Tuesday 25 Dec
 Wednesday 26 Dec
 Thursday 27 Dec
 Friday 28 Dec
 Monday 31 Dec
 Tuesday 1 Jan
 Wednesday 2 Jan
 Thursday 3 Jan
 Friday 4 Jan
 Monday 7 Jan
 Tuesday 8 Jan
 Wednesday 9 Jan
 Thursday 10 Jan
 Friday 11 Jan

Revised collection day

NO CHANGE
 Thursday 27 Dec
 Friday 28 Dec
 Saturday 29 Dec
 Monday 31 Dec
 Wednesday 2 Jan
 Thursday 3 Jan
 Friday 4 Jan
 Saturday 5 Jan
 Monday 7 Jan
 Tuesday 8 Jan
 Wednesday 9 Jan
 Thursday 10 Jan
 Friday 11 Jan
 Saturday 12 Jan

Normal collections resume from Monday 14 January

visit newham.gov.uk/recycling

 **recycle for your community**
 Recycling & Organics | Flooring | Windows | Refurbish

Don't delay license your property now

If you are a landlord or managing agent who lets property in Newham, it will need to be licensed

Apply online now and a licence will cost £150
 From 1 February 2013 it will cost £500

Failure to apply for a licence will be an offence and may lead to a fine of up to £20,000 per property

For more information and advice, or to apply for a licence visit:
www.newham.gov.uk/propertylicensing

Alternatively, contact the Property Licensing team on 020 3373 1990.

a place where people choose to
live, work & stay

To Let

Using your local NHS services over the winter



Don't just go to A&E. There are many NHS services available over the holiday period. If you feel unwell and need health advice or treatment, there are number of places you can go.

Self care

Hangover / Grazed knee / Sore throat / Coughs and colds

Lots of conditions can be treated at home – in fact, that's sometimes the best place for you. A major part of recovering from these minor ailments is to rest and drink plenty of fluids. You can plan ahead by stocking up on some healthcare essentials – paracetamol or aspirin, indigestion remedies and plasters for example.

NHS Direct

If you're not sure how to deal with your medical condition, call NHS Direct, where you can get round-the-clock medical information and confidential advice from nurses and health advisors. NHS Direct is there for you 24 hours, 7 days a week on **0845 46 47** or at www.nhsdirect.nhs.uk.

Your local pharmacy

Diarrhoea / Runny nose / Painful cough / Headache / Emergency contraceptives

Your local pharmacist can give you expert, confidential advice and treatment for a range of minor illnesses and injuries. Best of all, there is no need for an appointment. Some pharmacies will be open every day of the holiday period, some are even open until midnight. Please call your local pharmacy to ask about their opening hours, or call **NHS Direct on 0845 46 47**.

Your GP

Ear pain / Vomiting / Sore tummy / Back ache / Long term health conditions

Your GP is your first port of call for non-urgent illnesses or injuries that **won't go away**. Using a GP saves time as they know your medical history.

Your GP practice will be closed on Tuesday 25 and Wednesday 26 December for Christmas and Boxing Day and also on Tuesday 1 January for New Year's Day.

When your GP practice is closed, you should still call their number and you will either be directly transferred to their Out of Hours service or there will be recorded instructions for you to follow.

Walk-in services

Sprains / Cuts / Minor infections / Suspected breaks / Rashes / Strains

If it's not a life-threatening emergency, but you need medical attention quickly, go to your nearest walk-in service. You don't need to make an appointment and you'll be seen by healthcare professionals in a calm, relaxed setting.

The Hackney NHS walk-in centre, at Homerton Hospital is open **every day** from 7am to midnight on weekdays, and 8am to midnight at weekends.

In Newham, the Vicsage Lane Health Centre GP-led walk-in service is open **every day** from 8am to 8pm.

In Tower Hamlets, The Barkantine and St Andrews walk-in services are open **every day** from 8am to 8pm.

In Waltham Forest, the Oliver Road Polyclinic is open **every day** from 8am to 8pm.

Many A&E departments will pass you straight on to the nearest walk-in service or minor injuries unit, so you will save considerable time if you go straight there.

Accident and emergency (A&E)

Choking / Chest pain / Blacking out / Bleeding you can't stop / Loss of consciousness / Struggling to breathe / Stroke

A&E provides urgent treatment for serious, life-threatening conditions, so it could be quicker to use other services first.

You should travel to A&E yourself if you can. But if someone is too ill, for example, if they have collapsed or can't breathe, **call 999** for an ambulance.

Your dentist

If you have an urgent dental problem when your dentist is closed, call the Emergency Dental Service on 020 7377 7151 to speak to a dentist for free advice and help finding emergency treatment.

The opening times are:

- Monday to Friday, 6.30pm to 10pm
- Saturday and Sunday, 7.30am to 3pm
- Christmas Day, Boxing Day, New Year's Day, 7.30am to 8pm

Don't just go to A&E if it's not a serious emergency. Use www.notalwaysAandE.co.uk to find the right service.